



Fort Wayne-Allen County Department of Health

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Key Points About Enteroviruses and Enterovirus D68

Multiple states, including Indiana, are reporting an increase in cases of respiratory illness and asthma exacerbations, especially in young children. This may be related to a surge in enterovirus infections, including a particular known as Enterovirus D68 (EV-D68).

- Enteroviruses are very common. There are more than 100 types. About 10 to 15 million infections occur each year.
- EV-D68 causes upper respiratory illness, low-grade fever, cough, runny nose, sneezing, body and muscle aches.
- Most people have no symptoms or only mild symptoms and recover on their own without treatment. But some infections can be more serious. People with weakened immune systems or underlying conditions such as asthma are at higher risk for severe complications or hospitalization.
- There is no specific treatment for EV-D68 infections or vaccine to prevent it.
- Enteroviruses, including EV-D68, are spread through close contact with infected people. To protect yourself, follow the three C's:
 - **Clean:** Wash your hands frequently with warm soap and water. When this is not available, use an alcohol-based hand-sanitizer.
 - **Cover:** Cover your cough with your sleeve or a tissue when you cough or sneeze.
 - **Contain:** Prevent spreading illness to others by staying home if you are sick.
- Children experiencing cold-like symptoms and trouble breathing should be kept home from school and parents should contact a health care provider.
- **For questions or to report greater than normal levels of absenteeism, school officials should contact their local health department. In Allen County, call (260) 449-7556.**